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vs. Real Salt Lake – Wed. June 2, 7:30pm

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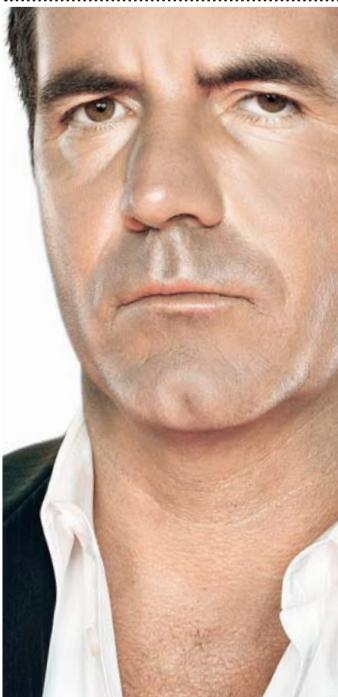


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Tuesday



FINAL JUDGMENT

Simon Cowell will bid farewell to 'Idol' but not the spotlight **31**

KOREAN CONFLICT

U.S. backs Seoul's decision to suspend trade with the North **8**

YES SWEAT

Get set to perspire with three hardcore workouts **17**



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MAY 25, 2010 | A PUBLICATION OF **The Washington Post** | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

35 DAYS AND COUNTING

FRUSTRATION AT BP MOUNTS AS OIL CONTINUES TO FLOW **11**



GERALD HERBERT/AP

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SPRING SPECIAL ENDS SOON!

An oil-covered heron sits dying beneath a mangrove on an island in Louisiana's Barataria Bay on Sunday. Millions of gallons of brown crude are now coating the state's delicate wetlands.



EYE OPENERS

Any Permutation of Man, Bite and Dog Works for Us

It wasn't man-bites-dog, but there were men and dogs and biting. The Rockland County sheriff's office said Monday that one man bit another during a fight over how their dogs were playing at a park in New City, N.Y. When a third man tried to break up the fight, one of the combatants bit him on the wrist. No one has been arrested, but the case is still being investigated. (AP)

Hmm. Has Anyone Seen Jared Lately?

Des Moines police are investigating a sandwich heist at a Subway restaurant. Authorities say someone broke into the shop on Saturday night or Sunday morning and took a "substantial amount" of cold cuts. They also took bread and cookies, and made some sandwiches before they left. No money was taken. (AP)

She Also Sent Some Texts and Put on Mascara

A Minnesota woman gave birth to a boy while driving herself to the hospital as the father steered the car from the passenger's seat. Amanda McBride, of Bemidji, was rushing to the hospital Wednesday when her water broke and the baby "just slid out." The father was not driving because he has a history of seizures. Hospital officials say they were stunned to learn the expectant mother was driving. (AP)



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The Big Picture

DAN KITWOOD/GETTY IMAGES



"NELSON'S SHIP IN A BOTTLE," a sculpture by artist Yinka Shonibare, was installed on the fourth plinth in Trafalgar Square on Monday in London. The 1:29 scale replica of Vice Admiral Lord Nelson's ship HMS Victory (in a bottle) will be on display for 18 months. (EXPRESS)



NEWEST LOCATION

FBI: Crime Stats Fell Again in '09

Washington

For the third-consecutive year, violent crime declined in the United States in 2009, including a 7.2 percent reduction in murder, preliminary FBI figures showed Monday.

The trend extended to the District, where overall violent crime

was down 7.2 percent, from 8,135 to 7,586, and murders fell from 186 to 143, according to the data from the FBI's Preliminary Uniform Crime Report.

The national violent crime rate had risen in 2005 and 2006 after years of decline, sparking concerns that a focus on homeland security under the Bush administration was draining resources away from traditional crime fighting.

But crimes of violence began going down again in 2007, falling 0.7 percent that year and then another 1.9 percent in 2008. The trend accelerated last year with a 5.5 percent reduction in violent crime.

JERRY MARKON (THE WASHINGTON POST)

17

The percentage drop in automobile thefts in the U.S. from 2008 to 2009, according to the latest FBI statistics.

Under the proposal emerging from talks at the White House, Congress would remove the Clin-

'Don't Ask' Compromise Debated

Integration of gays into the military may be done slowly

Washington

A proposal to step up the repeal of the ban on gays and lesbians serving openly in the military but still allow the Pentagon time — perhaps even years — to implement new policies was being discussed Monday by administration officials and gay rights activists.

The White House had hoped lawmakers would delay action until Pentagon officials had completed their study so fellow Democrats would not face criticism that they moved too quickly or too far ahead of public opinion in this election year.

Instead, administration officials now expect Congress to move ahead this week even though advocates on both sides say it's not clear there are enough votes to lift the 1993 ban.

Under the proposal emerging from talks at the White House, Congress would remove the Clin-



Defense Secretary Robert Gates, left, and Joint Chiefs Chairman Adm. Mike Mullen favor repealing "don't ask, don't tell."

ton-era "don't ask, don't tell" law even as the Pentagon continues an ongoing review of the system. Implementation of policy for gays serving openly would still require the approval of President Obama, Defense Secretary Robert Gates and the chairman of the Joint Chiefs of Staff, Adm. Mike Mullen.

"We want to be clear: This

review is focused on 'how' the military should implement repeal of 'don't ask, don't tell,' not 'if' it should," said Rep. Patrick Murphy, a Pennsylvania Democrat and Iraq war veteran who is leading the House effort of repeal.

Democrats described a compromise that would add the repeal to the annual defense spending

bill but delay its implementation until after the Pentagon completes its study.

At the White House, spokesman Robert Gibbs declined to describe the talks. "Obviously, it's likely that Congress is going to act this week," he said. "If they decide to do that, we'll certainly examine what those efforts are." PHILIP ELLIOTT (AP)



POLITICS

Tea party favorite Nikki Haley, a candidate for governor in South Carolina whose campaign gained momentum with a recent endorsement from Sarah Palin, vehemently denied allegations Monday that she had an inappropriate relationship with a political blogger several years ago. Haley, a legislator vying to become the state's first female chief executive, called the claim posted on the blogger's site a smear and "South Carolina politics at its worst." (AP)



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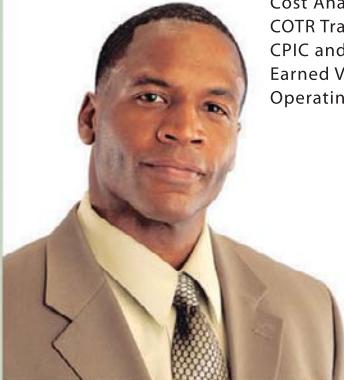
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Cost Analysis and Negotiation Techniques (CON 217)	August 2-6
COTR Training Program	August 2-6
CPIC and the Exhibit 300	August 9-11
Earned Value Management Fundamentals (BCF 102)	August 16-20
Operating Practices in Contract Administration	August 16-20

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Nation



Mexican tar heroin seized in raids is displayed at a news conference in Ventura, Calif.

'Black Tar' Heroin Floods U.S. Market

Dealers are pushing potent drug that can cause instant death

Winfield, Mo.

Mexican drug smugglers are increasingly peddling a form of ultra-potent heroin that sells for as little as \$10 a bag and is so pure it can kill unsuspecting users instantly, sometimes before they even remove the syringe from their veins.

An Associated Press review of drug overdose data shows that so-called "black tar" heroin — named for its dark, gooey consistency — and other forms of the drug are contributing to a spike in overdose deaths across the nation and attracting a new generation of users who are caught off guard by its potency.

"We found people who snorted it lying face-down with the straw lying next to them," said Patrick O'Neil, coroner in suburban Chicago's Will County. "It's so potent that we occasionally find the needle in the arm at the death scene."

Authorities are concerned that the potency and price of the heroin from Mexico and Colombia could widen the drug's appeal, just as crack did for cocaine decades ago. Federal agents now commonly find heroin that is 50 percent pure and sometimes as much as 80 percent pure.

The greater potency allows more heroin users to snort the drug or smoke it and still achieve a sustained high.

"That has opened up heroin to a whole different group of users," said Harry Sommers, the agent in charge of the Drug Enforcement Agency office in St. Louis. (AP)

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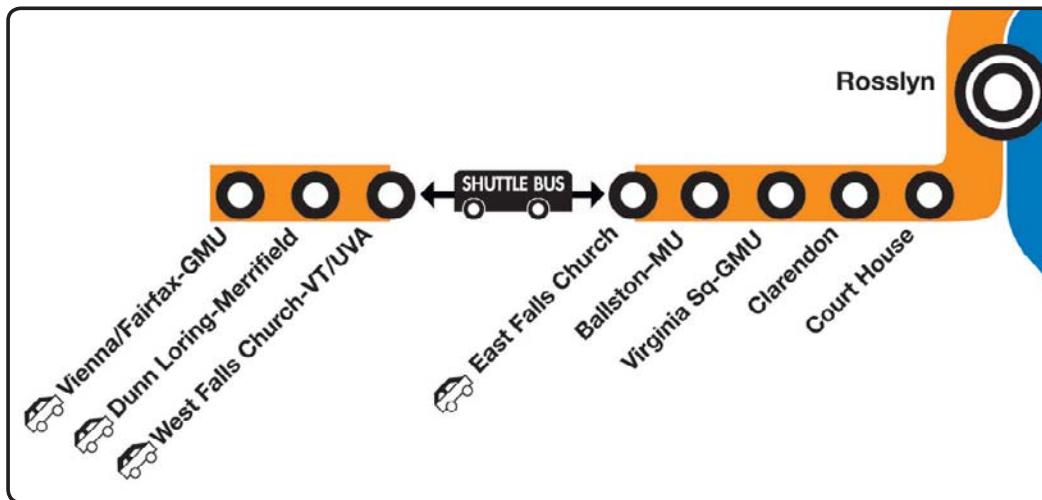
If they get their way, who knows where the money will end up? We do know it will no longer be in your pocket where it belongs. And we do know the prices on everything here will go up.

Tell those behind the new tax we won't pay for their budget-raising scheme. Go to NoDCBevTax.com and sign the petition saying NO to a new beverage tax. Our grocery bills are already too high and we can't afford more taxes.

Call your Council Member today at **877-465-0310** to tell them you oppose the DC beverage tax!



The Orange Line between East Falls Church and West Falls Church-VT/UVA stations will be closed over the next three weekends.



East Falls Church and West Falls Church-VT/UVA Metrorail stations will remain open with free shuttle bus service between them.

- | | WEEKEND OF MAY 29 | WEEKEND OF JUNE 5 | WEEKEND OF JUNE 12 |
|----------------|----------------------------|----------------------------|-----------------------------|
| CLOSED: | Saturday, May 29 at 7 a.m. | Saturday, June 5 at 5 a.m. | Saturday, June 12 at 7 a.m. |
| REOPEN: | Tuesday, June 1 at 5 a.m. | Monday, June 7 at 5 a.m. | Monday, June 14 at 5 a.m. |
- The track between these two stations must be closed so that crews can continue construction work to connect the Orange Line to the future Dulles Corridor Metrorail Project.
 - Going inbound? If possible, park at East Falls Church station and ride Metro from there. Parking is free on Saturday, Sunday and Memorial Day.
 - If you plan to take the shuttle bus between the two stations, please add 30 minutes to your travel time.
 - Trains will share a single track through the work area beginning at 10 p.m. on Friday. From 10 p.m. to closing, trains will serve all Orange Line stations every 30 minutes.
 - For more information about this important work, please visit MetroOpensDoors.com.



Nation

Hearsay



"I have made mistakes, and I am sorry. I truly regret offending anyone."

— RICHARD BLUMENTHAL, CONN.
DEMOCRATIC SENATE CANDIDATE, APOLOGIZING FOR MISSTATEMENTS ABOUT HIS
MILITARY SERVICE DURING VIETNAM.

Americans Held in Iran Seal Wedding Plans

Mother says her son made a ring from the threads of his shirt

Minneapolis

The mothers of two of the three Americans held for months in an Iranian prison said Monday that their children have become engaged and plan to marry after they are released.

The mothers of the Americans are back in the U.S. after visiting their children in Iran. During the visit, they learned that Shane Bauer had proposed to Sarah Shourd at Evin Prison in Tehran.



Shane Bauer, left, and Sarah Shourd have been held for months in an Iranian prison.

in the prison's exercise area. The third imprisoned American, Josh Fattal, will be the couple's best man, the mothers said.

The three friends were taken into custody by Iranian forces last July along the border between Iraq and Iran. Their families say they were on an innocent hike, but Iranian officials have accused them of spying for the U.S.

The three mothers — Cindy Hickey of Pine City, Minn.; Nora Shourd of Oakland, Calif.; and Laura Fattal of suburban Philadelphia — traveled to Iran last week and had hoped to bring their children home but came back empty-handed. (AP)

"They are going to get married as soon as they have their freedom," Nora Shourd said Monday

on "Good Morning America."

Bauer made a ring out of threads from his shirt and gave it to Shourd

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World

In Brief



U.S. backs Seoul's decision to suspend trade to Pyongyang

Seoul, South Korea

South Korea won U.S. support Monday for slashing trade to North Korea and vowed to haul its communist neighbor before the U.N. Security Council for a torpedo attack that sank a South Korean warship and killed 46 sailors.

U.N. Secretary-General Ban Ki-moon said he expects the Security Council to take action against North Korea, calling the evidence that the North was responsible "overwhelming and deeply troubling."

The U.S. and South Korea are planning two major military exercises off the Korean Peninsula in a display of force intended "to deter future aggression" by North Korea, the White House said.

President Lee Myung-bak laid out the economic and diplomatic measures aimed at striking back at the North, including halting some



South Korean soldiers take part in a drill near the North Korean border on Monday.

trade and taking the regime before the Security Council.

International investigators concluded last week that a torpedo from a North Korean submarine tore apart the warship Cheonan on March 26 in the Yellow Sea off the west coast in one of South Korea's worst military disasters since the

1950-53 Korean War.

Lee said it was another example of "incessant" provocation by North Korea, including a 1983 attack in Myanmar on a South Korean presidential delegation that killed 21 people, and the bombing of an airliner in 1987 that killed 115.

"We have always tolerated

Washington on Alert

Secretary of State Hillary Rodham Clinton said Monday that the Obama administration is striving to avoid a conflict on the Korean peninsula. Speaking to reporters in Beijing, Clinton said North Korea's chief ally China and its other neighbors understand that the situation is "highly precarious" and want to avoid raising tensions further. President Obama has ordered U.S. military commanders "to ensure readiness and to deter future aggression" from North Korea, the White House said. (AP)

North Korea's brutality, time and again. We did so because we have always had a genuine longing for peace on the Korean peninsula," Lee said in a solemn speech at the War Memorial.

"But now things are different. North Korea will pay a price corresponding to its provocative acts," he said, calling it a "critical turning point" on the tense Korean peninsula. JEAN H. LEE (AP)

Jamaican Gunbattles Intensify, Spread Beyond Capital's Slums

Kingston, Jamaica

Jamaica's security forces clashed with masked gunmen allied with an alleged drug kingpin for a second day Monday as an intensifying battle against gangs spread to volatile slums outside the capital.

The Jamaica Constabulary Force said two officers have been killed and

six have been injured during firefights with criminal gangs whose arsenals rival police firepower.

Police and soldiers came under heavy fire in the West Kingston stronghold of Christopher "Dudus" Coke, who is trying to avoid extradition to the U.S. on drug and arms trafficking charges. Military helicopters with mounted guns buzzed



Police patrol in Kingston, Jamaica, on Monday, after two officers were killed.

above the impoverished area between plumes of black smoke.

West Kingston, which includes the Trenchtown slum where reggae superstar Bob Marley was raised, is the epicenter of the violence. But on Monday, security forces were also under attack in areas outside that patchwork of gritty slums in the capital. (AP)

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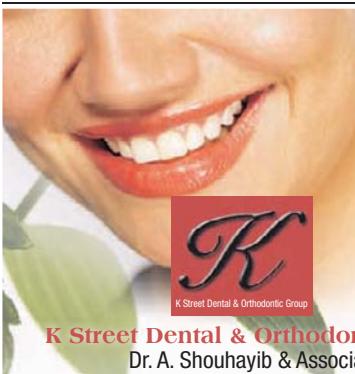
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Britain Bans Controversial Doc

Council discredits MD who suggested vaccine causes autism

London

A doctor who convinced millions of parents worldwide that a common vaccine could cause autism was barred from practicing medicine in his native Britain on Monday after the country's top medical group found he conducted his research unethically.

Dr. Andrew Wakefield was the first researcher to publish a peer-reviewed study suggesting a connection between autism and the

vaccine for measles, mumps and rubella. That prompted legions of parents to abandon the vaccine in moves that epidemiologists feared could lead to outbreaks of the potentially deadly diseases.

Vaccination rates in Britain and other rich countries have not fully recovered since Wakefield and his colleagues' research was published in 1998, and there are measles outbreaks across Europe every year. There are also sporadic outbreaks of the disease in the U.S.

His study in the medical journal Lancet was widely discredited, however, after Britain's medical regulator found it did not meet ethical standards; other studies



STEVE PARSONS/PA FILE/AP

**"The children
are not going
away, and I most
certainly am not
going away."**

— ANDREW WAKEFIELD, ON NBC'S "TODAY" SHOW, DEFENDING RESEARCH THAT SUGGESTS A VACCINE-AUTISM LINK IN KIDS

found no link; and a British journalist revealed Wakefield had been paid by lawyers of parents who suspected their children were harmed by the vaccine.

Wakefield, 53, moved to the U.S. in 2004 and set up an autism center in Texas, where he gained a following despite not being licensed as a doctor there. He quit this year.

Britain's General Medical Council was acting Monday on a January ruling that said Wakefield and two other doctors acted unethically and showed a "callous disregard" for the children in their study.

Wakefield said he plans to appeal the ruling, which takes effect within 28 days. MARIA CHENG (AP)

Seven Arrested In NATO Attack

Kabul, Afghanistan

Afghan authorities Monday announced the arrests of seven people in last week's suicide bombing that killed six NATO soldiers, including four colonels — three Americans and one Canadian.

The blast was the first in a series of Taliban attacks against NATO targets — the insurgents' apparent response to a planned NATO offensive in the south and peace overtures by the government.

The spokesman for Afghanistan's intelligence service, Saeed Ansari, said the seven, who included one schoolteacher, were taken into custody separately last week. (AP)

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Local

Md. AG: Ehrlich Show Not Illegal

Officials advised not to treat radio program as campaign violation

Annapolis, Md.

Maryland Attorney General Doug Gansler's office advised state elections officials Monday not to treat a weekly radio show hosted by former governor Bob Ehrlich as an illegal campaign contribution.

An assistant attorney general said in a letter to Maryland Board of Elections Administrator Linda Lamone that state efforts to regulate media raise constitutional concerns. Ehrlich, a Republican, hopes to unseat Democratic Gov. Martin O'Malley and return to his old job.



Gubernatorial hopeful Robert Ehrlich and his wife, Kendall, host a show on WBAL.

Assistant Attorney General Jeffrey L. Darsie said in his letter that "courts have routinely disapproved efforts to closely regulate the con-

tent of print or broadcast media featuring political discussion."

Elections officials had asked Gansler's office how to treat

Ehrlich's radio program after Democratic Party officials complained the two-hour Saturday morning WBAL-AM show violated campaign finance laws.

"We were confident in our position all along, and we hope now that Governor O'Malley and his party will focus on the record job losses that are most on the minds of Marylanders," campaign spokesman Andy Barth said.

Ehrlich hasn't submitted the requisite paperwork yet to be an official candidate, but he held a campaign kickoff in April and has been meeting with voters across the state. Barth said Ehrlich plans to cease hosting his radio show by the time the formal candidacy paperwork is filed; the deadline is July 6.

KATHLEEN MILLER (AP)

The Lotteries

Monday, May 24

Maryland

Mid-day Pick 3.....	8-3-4
Evening Pick 3 (Sun.).....	5-3-7
Mid-day Pick 4.....	9-5-3-3
Evening Pick 4 (Sun.).....	3-7-7-6
Match 5 (Sun.).....	3-10-12-32-35 (34)

District

Mid-day Lucky Numbers	4-2-0
Evening Lucky Numbers (Sun.).....	8-4-4
Mid-day DC 4	4-9-6-0
Evening DC 4 (Sun.).....	2-5-5-9
Mid-day D.C. Five	9-5-4-5-1
Evening D.C. Five (Sun.).....	5-8-1-2-4
Daily 6 (Sun.)	11-19-22-24-25-32 (26)

Virginia

Mid-day Pick 3.....	8-2-1	Evening Pick 4 (Sun.).....	8-0-4-1
Evening Pick 3 (Sun.).....	4-8-0	Mid-day Cash 5 (Sun.).....	2-5-8-13-31
Mid-day Pick 4	4-4-2-8	Evening Cash 5 (Sun.).....	1-17-19-26-32

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Poll: D.C. Is Fittest City in U.S.

Washington

For the third year in a row, the metropolitan D.C. area received the No. 1 ranking for the fittest city in the nation in the American College of Sports Medicine's (ACSM) American Fitness Index, the blog We Love D.C. reports.

The ACSM polls residents of the 50 largest metropolitan areas, and their rankings are based on a variety of factors including community health policies, preventive health behaviors, federal reports, instances of exercise, health insurance coverage, accessibility to public lands/parks, incidents of co-morbidities, etc.

According to the D.C. respondents, 80 percent had engaged in some sort of physical activity and 90 percent currently have health insurance. Baltimore came in at No. 20, Richmond at No. 11 and Virginia Beach at No. 17. LORI ARATANI (THE WASHINGTON POST)

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High Tension in the Gulf

With frustration mounting, BP readies yet another attempt to plug the oil leak

Covington, La.

The BP executive in charge of fighting the Gulf of Mexico oil spill said Monday his company knows people are frustrated by its failure to plug the well that has been gushing for more than a month and is now spreading damage through Louisiana's wetlands.

"Everyone is very, very frustrated about why we haven't been able to bring this well to stop flowing so far," said Doug Suttles, chief operating officer of BP PLC, but he insisted the oil giant has the necessary resources to stop the growing spill.

Millions of gallons of oil have already spewed from the well that blew out after a drilling rig exploded April 20 off the Louisiana coast.

Suttles said it will be at least Wednesday before BP will try using heavy mud and cement to plug the leak, a maneuver called a top kill that represents the best hope of stopping the oil after several failed attempts.

Meanwhile, anxiety from the highest levels down became more evident. Interior Secretary Ken Salazar suggested over the weekend that the government could intervene aggressively if BP wasn't delivering. "If we find that they're not doing what they're supposed to



EPA Administrator Lisa Jackson reaches down to scoop a sample of oil as she tours marshes impacted from the Deepwater Horizon oil spill in Pass a Loutre, La., Monday.

GERALD HERBERT/AP

be doing, we'll push them out of the way appropriately," he said.

But when asked about that comment Monday, Coast Guard Commandant Thad Allen said: "That's more of a metaphor."

Allen said BP and the government are working closely together, with the government holding veto power and adopting an "inquisitorial" stand toward the company's ideas.

Homeland Security Secretary Janet Napolitano also took a more measured tone at a news conference Monday in Galliano, La., with Salazar and six U.S. senators who had flown over the coast to see the damage. "We continue to hold BP responsible as the responsible party, but we are on them, watching them," she said.

Engineers are working on several backup plans in case the top kill doesn't work. Suttles said they will likely try to cap the well with a small containment dome if the maneuver fails. He said they are

also considering injecting assortments of junk into the well to stop the oil.

BP said Monday its costs for the spill had grown to about \$760 million, including containment efforts, drilling a relief well to stop the leak permanently, grants to Gulf states for their response costs, and payment of damage claims.

The spill's impact onshore now stretches across 150 miles, from Dauphin Island, Ala., to Grand Isle, La.

With oil pushing at least 12 miles into marshes in his state and two major pelican rookeries coated in crude, Louisiana Gov. Bobby Jindal said crews have begun work on a chain of berms made with sandbags, reinforced with containment booms, that would skirt the state's coastline.

"This oil threatens not only our coast and our wetlands; this oil fundamentally threatens our way of life in southeastern Louisiana," he said at Monday's news conference. (AP)

"To push BP out of the way, it would raise the question: To replace them with what?"

— THAD ALLEN, COAST GUARD COMMANDANT, SAYING THAT THE GOVERNMENT CAN'T TAKE OVER CONTROL OF THE OIL LEAK CRISIS FROM BP.



Timeline: The Oil Disaster Unfolds

4/20

4/22

4/24

4/28

5/7

5/12

5/17

5/20

Government responds to a late-night report that the Deepwater Horizon offshore drilling rig had exploded and was on fire.



The Deepwater Horizon rig sinks into the Gulf, and a national response team is activated in Washington.

Oil is found leaking from the well for the first time since the accident. Officials are unsure how much oil is being released into the sea.

5,000
The Coast Guard's estimate of the number of barrels being released per day, a number raised from 1,000 per day after a third leak was discovered.

BP says it is abandoning efforts to close valves on the blown-out well with underwater robots. The next day, its attempt at halting the leak with a 100-ton box fails after the contraption becomes clogged with icelike crystals.



Rep. Henry Waxman, left, said his committee's investigation into the oil spill revealed that a key safety device in the oil rig, the blowout preventer, had a leak.

BP inserts a 4-inch-wide pipe into a broken section of the oil rig in a bid to capture as much of the oil as possible. BP calls the development a "positive step forward."

210,000
The number of gallons per day a 4-inch-wide pipe is capturing from the broken rig. BP concedes that more oil than it first estimated is gushing into the Gulf.

Sports

Pudge Lands on the DL

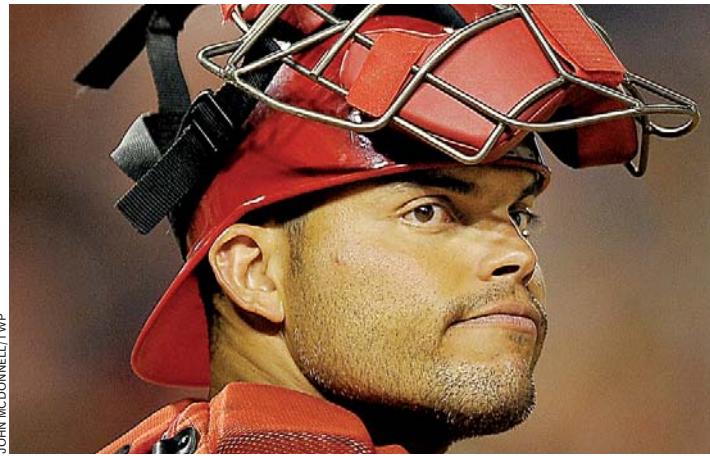
Bad back to sideline catcher for the Nats' West Coast swing

The Nationals

The Nationals placed Ivan Rodriguez on the 15-day disabled list Monday, meaning their veteran catcher will miss the entirety of their 10-game road trip — and will not be behind the plate on June 4, the likely first start of Stephen Strasburg.

Rodriguez left Saturday's game against the Baltimore Orioles with lower back pain after swinging and missing a pitch. He grimaced in the batter's box and received a visit from Nationals medical staff. He finished the at-bat and slammed his helmet to the ground. Rodriguez did not come back into the game, then sat out Sunday.

Wil Nieves will likely become the Nationals' primary starting catcher until Rodriguez returns. Replacing Rodriguez, 38, will be a



Ivan Rodriguez may not be behind the plate when Stephen Strasburg debuts.

difficult proposition for the Nationals, particularly on offense. Rodriguez has hit .325 this year, first among National League catchers, with a .352 on-base percentage, nine doubles and 16 RBI. Nieves is a strong defensive catcher who is 13 for 58 this season with no walks, three doubles and a homer.

The Nationals may look outside their organization for tem-

porary help behind Nieves. They signed veteran Chris Coste for backup insurance at the end of spring training, but he is out for the season. The regular catchers for Class AAA Syracuse are Carlos Maldonado, a 16-year minor league veteran who has appeared in 21 major league games, and Devin Ivany, a 27-year-old hitting .222 at Syracuse.

ADAM KILGORE (THE WASHINGTON POST)

Hearsay



"We're talking about being relevant again. I want the Sixers to be on people's tongues again."

— DOUG COLLINS, SETTING MODEST GOALS FOR THE 76ERS AFTER BEING INTRODUCED AS PHILADELPHIA'S NEW COACH AT A MONDAY NEWS CONFERENCE.

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Love Before First Sight for D.C. Fans

Last week, I bought tickets to see the Washington Nationals play the Cincinnati Reds on June 4. Something tells me I'm not alone.

Avid newspaper readers beware:



By Matt Swenson

Here comes the barrage of big stars making their debuts in the nation's capital.

Of course, three of the city's biggest sports names — based on new rankings

after last week's NBA draft lottery — haven't actually played here yet. In fact, two have never played on a major league level, and one has yet to even put on a professional uniform.

So what? No one here is going to let that rain on our parade. The fact we've yet to see these megastars in person makes it easier.

Right now, Stephen Strasburg, Donovan McNabb and John Wall can do no wrong. As for Bryce Harper — soon to be the Nationals' second No. 1 pick in two years — he'll have his day in the sun once he turns 18.

So much has been said about D.C.'s influx of star power, it's worth noting just how low we must have fallen to be so positively gaga over people who have yet to play here.

Strasburg's debut, projected for June 4, will be the first. It's hard to



Top pick Stephen Strasburg is expected to debut with the Nationals on June 4.

imagine more hype than he's getting. At least he has the benefit of joining a team not expected to make the playoffs. Wall, who will go No. 1 on June 24 to the Wizards, has the same luck.

McNabb, on the other hand, is a proven winner. And he's going to be expected to produce right away with the Redskins.

All these stars represent hope — and D.C. fans know hope better than most. We hope Alex Ovechkin can win a Stanley Cup; we hope the Curse of Les Boulez is behind us; we hope the Redskins move back into D.C.

The reality hasn't been pretty here for a while. On June 4, we may start seeing whether all that's going to change.

No pressure, guys.

(@) To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Supreme Court Rejects NFL Bid

Pro Football

The NFL failed to secure the bolstered protection from federal antitrust laws that it had been seeking, as the Supreme Court ruled Monday that the league can be regarded as 32 franchises rather than one business entity on an issue such as selling merchandise.

The ruling came in a case involving merchandise maker American Needle Inc. The Supreme Court unanimously reversed a ruling by a lower court and sent an antitrust lawsuit by American Needle back to the lower court.

(THE WASHINGTON POST)

American Falls In Record Match

Tennis

American qualifier Michael Yani's French Open debut lasted one match. It felt like about two or three.

Yani lost to Lukas Lacko of Slovakia 4-6, 7-6 (5), 7-6 (4), 6-7 (5), 12-10 in a marathon that began Sunday and finished Monday, covering four hours, 56 minutes of playing time. The 71 games equal the most in a singles match at the Open since tiebreakers were added in 1973.

"Ridiculous," Yani said, cracking open a can of caffeine-rich soda. "I wish I could have closed it out." (AP)

Give That Player a Hand!



LAURENT REBOURS/AP

JAPAN'S KEI NISHIKORI grips a handful of tennis balls before serving to Colombia's Santiago Giraldo during their first-round match at the French Open.

TV Lineup

NATIONALS (10 P.M., MASN) The Nats start a crucial road trip with their opening game of a three-game set against the San Francisco Giants.

NBA PLAYOFFS (9 P.M., TNT) The Phoenix Suns aim to even the Western Conference finals against the Los Angeles Lakers at two games before the series moves back to California.

SOCER (7:30 P.M., ESPN) The U.S. men's national team readies for the World Cup with a friendly against the Czech Republic.

TENNIS (NOON, ESPN2) Early round action from the French Open.

WNBA (7 P.M., ESPN2) The Phoenix Mercury visits the Tulsa Shock.

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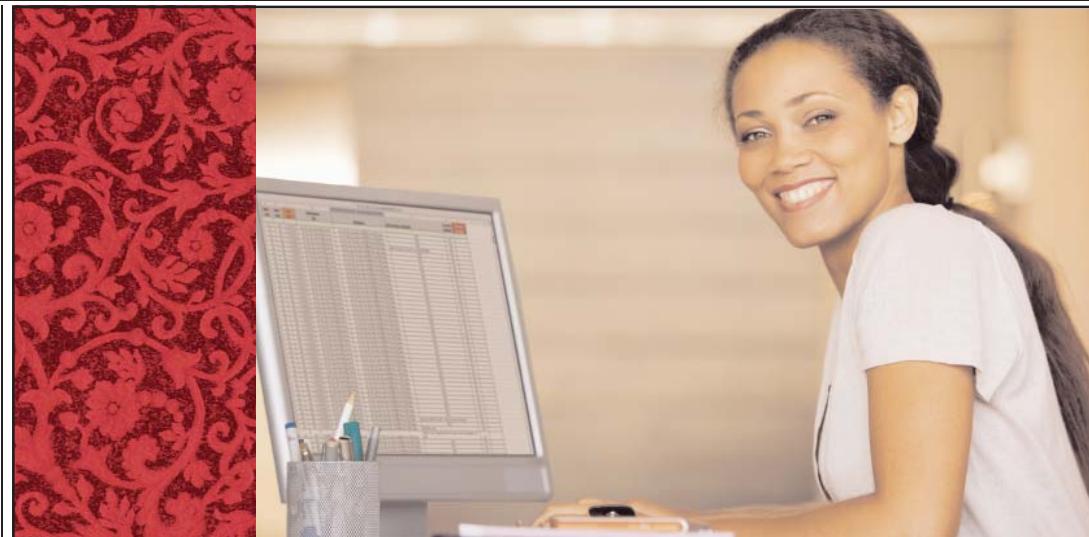
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Sports

Brown Out as Cavaliers Coach

Playoff failures cited for dismissal after five winning seasons

Pro Basketball

Mike Brown won everything in five years coaching the Cleveland Cavaliers. Everything, that is, except an NBA title.

Brown, the most successful coach in franchise history, was fired Monday after failing to win a championship with superstar — and soon-to-be free agent — LeBron James.

Brown's dismissal had been expected since the Cavs were eliminated by the Boston Celtics in the second round of the playoffs, a stunning exit for a team favored to win it all.

In five seasons, Brown went 314-177 and was the league's coach of the year in 2009. He took Cleveland to the postseason every season



Cavs coach Mike Brown was under scrutiny for Cleveland's collapse against Boston.

and led the Cavaliers to their only finals appearance, in 2007.

But the Cavs, despite having the best regular-season record the past two years, fell short of winning their first title and now face an uncertain future with James, the league's two-time defending MVP, eligible for free agency.

"The expectations of this organization are very high and, although change always carries an element of risk, there are times when that risk must be taken in an attempt to break through to new, higher levels of accomplishment," Cavs owner Dan Gilbert said in a statement. "This is one of those times." (AP)

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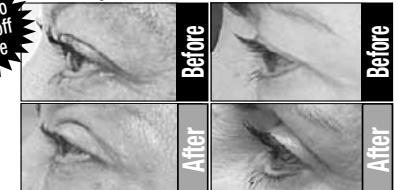
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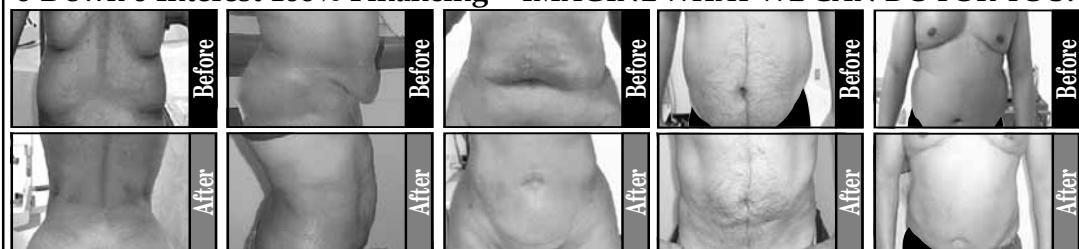
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I've never understood the people who insist, "I don't sweat." Of course you do — unless you have the potentially life-threatening condition of anhidrosis — because sweat is a necessary human function that cools the body down. You just don't like to admit it because in our society, being sweaty is seen as being gross.



By Vicky Hallett

I wonder how much that ick factor keeps folks from exercising. We don't want to walk those extra 10 minutes at lunch because we're afraid of getting our shirts damp, and we stop pushing ourselves during our workouts because we notice puddles starting to form under the elliptical machine. There's no reason to be embarrassed by your sweat. It's just a reason to keep hydrating. (And to take a shower later.)

That's why I'm calling on all people who perspire profusely to band together to raise awareness of sweating. We could host a march on Washington that will involve letting sweat drip down our backs and legs with pride. (I think July or August might be a good time to schedule such an event.) Or, maybe we could just remember the next time we're sweating that we should be smiling, too. After all, it's pretty good for you.



To reach Vicky Hallett, e-mail
vicky.hallett@readexpress.com



Guinea Pig | Mat Trick

Does your yoga mat turn into a Slip 'N Slide halfway through practice? Meet the Mat (\$68, Lululemon.com), which boasts a polyurethane top designed to not let your downward dog budge no matter how much you drip — we even dumped a glass of water on ours and the material slurped it up almost instantly. It's a tad wider than most other mats, making it an even better match for the dampest of dudes. But it's also heavier, so be prepared for an extra workout.

Saying Bye-Bye to Dry

Here's how to make sure your workout is wetter (and also better) than ever

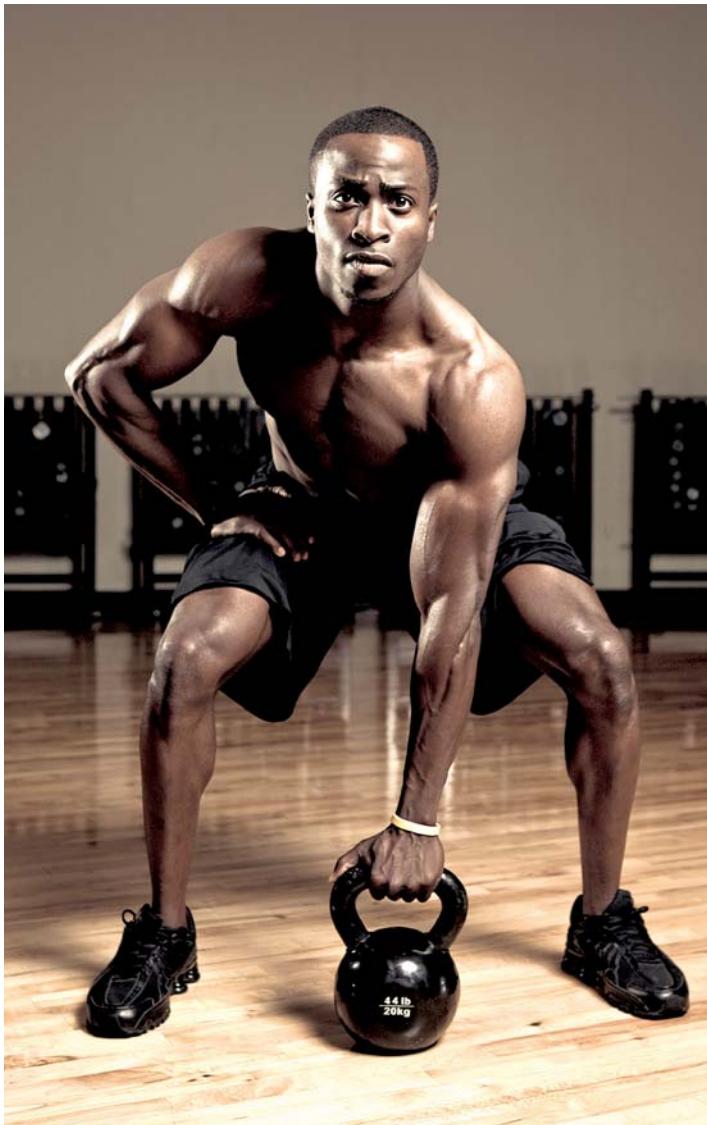
Exercise

The most accurate way to determine whether you're working hard enough at the gym is a heart rate monitor, which tells you with an idiot-proof digital readout. Less-techie types can rely on the perceived exertion scale — if you can carry on a conversation easily, you're probably slacking off. Most folks, however, go by another standard: the size of the circles under their armpits. How much you sweat isn't proof you're burning more calories, but it sure feels like it. So, we asked trainers for a few routines guaranteed to make you wipe your brow.

Jump Start

What experts call "plyometrics" the rest of the world knows as "bouncing." And as PJ Monson, of The Sports Club/LA, notes, putting a spring in your step will turn on the waterworks in no time. She recommends jump squats, alternating jumping lunges and mountain climbers (in push-up position, rapidly pull one knee to your chest at a time).

Or, if you want to get really soggy, try burpee variations, says Lance Breger, head private trainer at Mint Fitness. The basic version requires you to squat, place your hands on the ground, hop your legs back into push-up position and then reverse it. But you can increase the difficulty by adding a push-up at the bottom and/or a jump squat at the top. Still too



ISTOCK

Using kettlebells involves strength and cardio, which ends up being a sweaty combo.

dry? Place a Bosu ball in front of you and keep your hands on the unstable surface while you perform those push-ups.

Take a Number

With plenty of exercises, performing a few reps is a cinch. Up that total, however, and you'll be making puddles. Ed Ingebretsen, direc-

tor of training at local chain Results, likes clients to join his "century club." He takes a circuit of four to five body weight exercises — such as push-ups and squats — and he'll have clients do 20 reps, and repeat the circuit five times. Do the math. "That's a hundred," he says.

No good at counting? Just clear a path and get ready to crisscross a

room repeatedly. To work up a sweat old-school style, Breger recommends walking lunges paired with a curl and press. Those crab walks you used to do back in elementary school gym class will also be much tougher (and damper) than you remember if you keep at it awhile. Breger also suggests bear crawls: moving opposite hand and foot simultaneously.

Adding a jump to just about any exercise is an easy way to make your next workout a little bit sweater.

Ring My Bell

A cannonball with a handle doesn't seem so difficult to handle. That is, until you pick up a hefty kettlebell and do a swing — standing in a slight squat, grab it with both hands, let it dangle between your legs, and then thrust your hips forward to force the weight up into the air. "It can make grown men cry," says Monson of the cardio/strength combo. Although it can appear to be an upper-body exercise, it's actually the lower body that's creating the power. But you feel it everywhere, especially if you keep the swings continuous.

To make it even more challenging, try what Breger calls "kettles and quarters," an exercise he picked up from a Secret Service agent. "You get a kettlebell and perform basic swings for either a given time or a number of reps. Then, you run a quarter mile as fast as you can," he says. The idea is to repeat the duo several times, but even once is plenty to soak most people.

VICKY HALLETT (EXPRESS)

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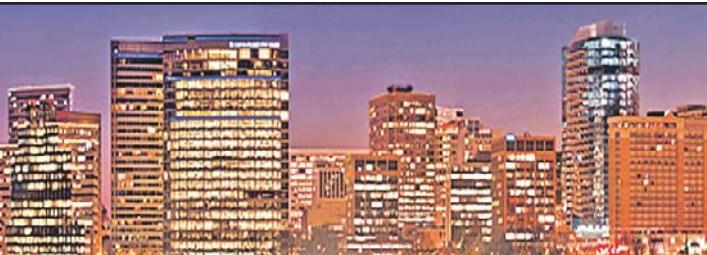
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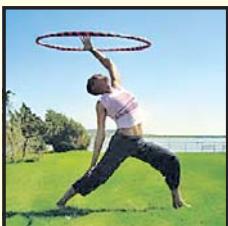
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Living at Home, Not Sweet Home

Q

I'm so tired of my boyfriend's mother! He's moved back in with his parents (we're 26) for grad school, so I have

to deal with her on a more regular basis, and he seems to be growing more tolerant of her. She is so critical, makes me feel uncomfortable and also holds prejudices that I find extremely offensive. We are fighting more because of this, and I don't know what to do! GRRRR

When a family member of your mate's is difficult, it can be just an acceptable annoyance, or it can tear a relationship apart. Guess what factor makes the most difference.

It's your mate. If he's not bothered by his mother's actions enough to help lessen their impact, that's a bigger problem than whatever she tries to throw at you. Talk to him, and highlight a specific and manageable part of the issue that he might be able to make better: comments that offend you, his tacitly taking her side against you. Presumably, he views living with her as inevitable now, and loving her and being civil to her are non-negotiable. But help present solutions where he can make things better between you. His willingness to do so will tell you all you need to know.



@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

**By Dr.
Andrea
Bonior**

Should I Date or Just Wait?

Q

I'm finally completing my divorce. After two years of being on this roller coaster, I'm relieved. The problem is I've met someone I think is awesome, but I'm scared of trusting myself. I mean, chances are I'm just enjoying the companionship and, yes, the physical part. My friends tell me to slow down and take time for myself. Should I wait or let myself get more involved? THE SINGLE LIFE

Let's take the facts as we know them: You've met someone you really like. That doesn't exactly scream "Dump him!" to me, though you're right that being truly single for the first time after a marriage does warrant some caution. But to me, being so aware of the reasons for hesitation gives you a freer pass to do what you want. Indeed, you have no way of knowing whether

this guy will end up being Mr. Right or just Mr. Right for This Tuesday, but that doesn't mean you have to give up the chance to find out. Keep an open mind, keep a finger on your emotional pulse, and try to expand your life in other ways that have nothing to do with romance or this guy, so that you know you're dipping your toes in, rather than doing a belly flop.

Event Horizon

In the Shuffle

Time to work on your time step. In honor of National Tap Dance Day, the cast of "Sophisticated Ladies"—including star Maurice Hines—is spending its lunch hour today dancing with the masses. Everyone's invited to head over to the Lincoln Theatre (1215 U St. NW) from noon to 1 p.m. to learn some choreography from the show, or just shuffle about to jazzy Duke Ellington tunes. More details at ArenaStage.org.

Sweat Shirts

ATHLETIC T-SHIRT MAKERS say their 2010 models will answer a summer exerciser's prayers. The garments will wick away sweat, dry out quickly and not smell like a stinkbug after a grueling workout. To determine the mettle of four shirts, our intrepid tester wore each for a 90-minute yoga class at Bethesda's Down Dog studio, where the temp is about 95 degrees and humidity is 60 percent — pretty close to a D.C. dog day. **MARC SILVER**

1

2

3

4

1

Smartwool Hinman Jersey (\$100)

DRY: .4 POUNDS; WET: .6 POUNDS
FIT: SNUG; FEEL: SOFT AS A LAMB

FEATURES: "Technical Knit Merino" (75 percent wool, the rest polyester). Yes, summer wool! It's light, it sucks sweat away from the body before you start dripping, its air pockets are cooling, and its texture isn't hospitable to smelly germs. The synthetic material allows for a tight fit. A neck to mid-chest zipper offers extra relief. A back pouch can hold an MP3 player.

WORKOUT: After 20 to 30 minutes, damp but not unpleasantly so. Grows progressively wetter but doesn't cling or seem drenched in sweat. Love that zipper!

DRY-OUT: An hour after class just slightly damp. Totally dry in 90 minutes.

WIFE'S REPORT: "I do this for love." Inhales. A hint of wet wool, no body odor. "Do you ever have to wash it?" she asks. In theory, no, but a Smartwool spokeswoman says washing helps the garment stay soft. **VERDICT:** A champ at wicking and drying out.

2

Under Armour Catalyst T (\$29.99)

DRY: .2 POUNDS; WET: .6 POUNDS
FIT: LOOSE; FEEL: SMOOTH

2

Under Armour Catalyst T (\$29.99)

DRY: .2 POUNDS; WET: .6 POUNDS
FIT: LOOSE; FEEL: SMOOTH

FEATURES: "HeatGear moisture transport" and "anti-odor technology." UPF protection. Plus, it's eco-friendly since the polyester fabric is made of recycled plastic bottles.

WORKOUT: After 30 minutes, grows heavy with moisture it has transported from my body. Feels like a wet rubber suit. Makes a "thwack" sound when shaken.

DRY-OUT: Notably less damp after 20 minutes but takes two hours to fully dry.

WIFE'S REPORT: Felled by flu, she can't smell a thing. I get a wee whiff of body odor.

VERDICT: OK for a short or not-too-hot workout. Flunked the hot yoga test.

3

Wickers Wool (\$26)

DRY: .4 POUNDS; WET: .6 POUNDS
FIT: TYPICAL TEE; FEEL: A BIT SCRATCHY

FEATURES: Merino wool (see above) blended with rayon.

WORKOUT: Quite damp after 40 minutes but doesn't cling too much. On the walk home, is 100 percent wet yet doesn't plaster itself to me.

DRY-OUT: Still unpleasantly damp after an hour; takes two hours to fully dry.

WIFE'S REPORT: No B.O.!

VERDICT: Considering the price, a good deal.

4

Brooks HVAC Pulse Synergy (\$42)

DRY: .2 POUNDS; WET: .4 POUNDS
FIT: SLIGHTLY LOOSE; FEEL: SILKY

FEATURES: "Embedded antimicrobial silver threads" move heat away from the body and also control odor; "ventilated mesh" panels prevent sticking to body and promotes speedy drying. UV protection.

WORKOUT: Exterior damp after 20 minutes of dripping sweat, yet interior is barely wet. After an hour, pretty wet, occasionally clingy. Yet floats gently off skin during walk home.

DRY-OUT: Post-yoga, interior is barely damp after 15 minutes. In 52 minutes, shirt is as dry as if it had spun in the dryer.

WIFE'S REPORT: A teensy bit funky.

VERDICT: Excellent; comfy even when wet, super-fast dry time. Merino wool, you've met your synthetic match.

Two of a Kind

The Towel-Off

If you're taking an exercise class that's a super-soaker, make sure you're equipped with one of these:



MANDUKA HOT YOGA TOWEL (\$55)

It's meant to stretch out over your yoga mat and absorb drips — which it does, while providing an extra cushion-y surface. But the ultra-soft microfiber will tempt you to curl up with it in bed instead.



YOGITOES SWEATLESS TOWEL (\$14)

It's just a bit bigger than a washcloth, but this quick-drying cloth (a polyester/nylon blend) is capable of wiping your forehead and any other damp spots completely dry. Although it's designed for yoga, it's just as handy if you're kickboxing or lifting.

Vital Stat

one

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Hungry for a Change?

Five ingredients that probably aren't in your daily diet

Food

Watch what you eat, sure — but don't watch reruns. A boring diet is hard to stick with. "There is no one set of foods you must always choose from in order to make your abs show," says nutritionist Alan Aragon.

If You Like Broccoli

TRY: BOK CHOY

Like broccoli, this leafy vegetable has a crunch — and less than half the calories and carbohydrates of its cruciferous cousin. Separate, wash and dry the leaves of one head of baby bok choy. Heat a tablespoon of olive oil on medium high. Sauté the leaves with a thinly sliced garlic clove for about five minutes or until tender.

If You Like Apples

TRY: PERSIMMONS

This sweet Asian fruit is a better source of vitamin C than your average apple. The most common persimmons are always deep orange and should be very soft when ripe. To eat one, cut it in half and spoon out the goods. Served chilled, it's a tasty dessert.



EXPRESS

If You Like Steak

TRY: GOAT

Pound for pound, goat has less than half the calories of Porterhouse steak and a few more grams of protein. Try it barbecued kebab-style, finished with a squeeze of lemon and some chopped rosemary. Or slow-roast a bone-in cut for a hearty winter meal. No goat at your market? Try Thymeforgoat.com.

If You Like Oatmeal

TRY: BUCKWHEAT

Buckwheat may have more disease-fighting antioxidants than oats, barley or wheat germ, according to a 2008 Turkish study. For two new

ways to start your day, try Bob's Red Mill buckwheat pancake mix (\$4 for 26 ounces) or organic creamy buckwheat cereal (\$5 for 18 ounces).

If You Like Muenster Cheese

TRY: EDAM CHEESE

This Dutch cheese is semifirm, unlike the semisoft Muenster, and has more protein, fewer calories and a richer, nuttier flavor. Cube the Edam and eat it with a fresh pear. Better yet, try it in a grilled-cheese sandwich with apple slices and stone-ground mustard. (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

Recipe File

GRILLED SUMMER HERB AND OLIVE FOCACCIA

Ingredients

For the dough:

- 1 1/2 cups all-purpose flour
- 1/2 cup whole-wheat flour
- 1 package (2 1/4 teaspoons) quick-rising yeast
- 1 tsp salt
- 1/2 tsp sugar
- 1 tsp extra-virgin olive oil
- 3/4 cup warm water

For the topping:

- 1/4 cup pitted and chopped Kalamata olives
- 2 tbsp extra-virgin olive oil
- 1 tbsp chopped fresh rosemary
- 1 tbsp chopped fresh thyme

Makes Eight Servings

In a food processor with a bread blade, combine both flours, the yeast, salt and sugar. Pulse to mix.

In a measuring cup, combine the oil and water. With the food processor running, pour the liquid through the feed tube. If the mixture is too dry, add 1 to 2 tablespoons of warm water. Process until the dough forms a ball, then process for one minute more. Transfer the dough to a lightly floured surface. Cover with plastic wrap and let rest for 15 minutes before rolling.



Coat a large baking sheet with cooking spray. Cut the dough into four pieces and roll out into circles. Sprinkle each piece of dough with olives, then fold in half and then in quarters to incorporate the olives into the dough. Roll each ball of dough out again into a circle and place on the prepared baking sheet. Cover with a clean dish towel and let rise at room temperature for 20 minutes.

Meanwhile, heat a gas grill to high on one side and medium-low on the other. Set two of the dough circles on the hot side of the grill and cook until the underside is golden brown, about six to eight minutes. Using tongs, flip the crusts to the cooler side of the grill, brush with olive oil, sprinkle with herbs and close the lid of the grill. Cook, rotating once or twice, until hot and crisp. Repeat with the remaining dough. (AP)

 158 calories; 55 calories from fat; 6 g fat (1g saturated); 0 mg cholesterol; 23 g carbohydrate; 3 g protein; 1 g fiber; 407 mg sodium

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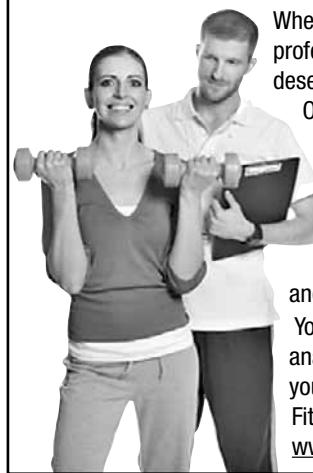
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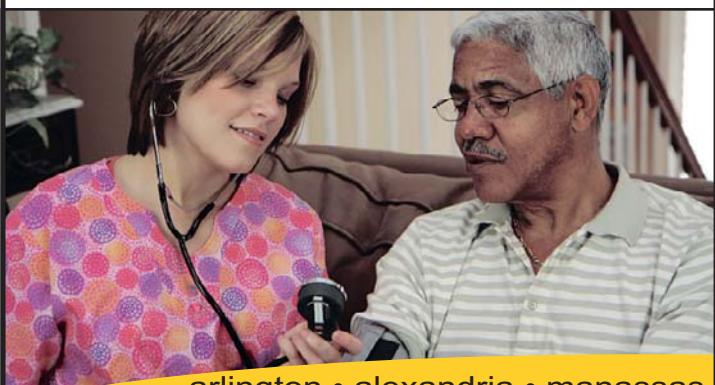
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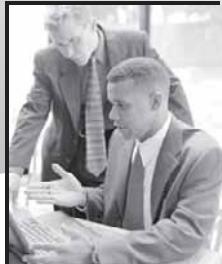
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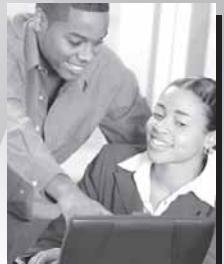
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02-M-0003



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Supreme Brutality

Ryan Taylor and Evan Harting didn't mean to create a Memorial Day weekend institution in the extreme-metal scene. "We didn't really intend for it to be a festival," Taylor told me last year about Maryland Deathfest. "But as soon as we posted info about what we were doing ... the interest just took off."



By Christopher Porter

Now in its eighth year, MDF has become a ritualistic destination event for headbangers on the East Coast and beyond. MDF has a solid partner in Sonar, whose multi-room setup allows vendors to sell all sorts of metal merch in the smaller rooms as bands from everywhere command the club's main and outdoor stages. From May 28 to 30, Baltimore will be the world capital of heavy music as the exceptionally well-run festival rifles through more than 60 extreme-metal bands in surprisingly smooth style.

The incredible Swedish black-metal group Watain is one of Friday's headliners, and the dour band is truly excited about its MDF debut. "People describe it as a national get-together of like-minded wolves — metalheads and maniacs," said frontman Erik Danielsson, above. "And that's exactly the kind of place Watain belongs."

Farewells

Where would pop culture be without Simon Cowell?

Since he strode imperially into the American zeitgeist as the living embodiment of our worst English stereotype — they're just so fussy, aren't they? — he's become the abrasive, blunt, sometimes rude, very often right voice of the consumer.

That rocker dude screeching about the woman who done him wrong? He's self-indulgent. That gal warbling the torch song? Karaoke. And don't get him started on songs about birds.

When he abdicates his throne on "American Idol" this week after nine seasons of iron-fisted rule, he'll leave in his wake a show that remains one of the country's most popular, although it's diminished from its height, and a slate of top-selling musicians who any mogul would covet.

Cowell's "American Idol" finds read like a who's who of early 21st-century pop: Kelly Clarkson, Carrie Underwood, Fantasia, Chris Daughtry, David Archuleta, David Cook, Adam Lambert. And don't forget his overseas success stories, such as Leona Lewis, Paul

Summer Accessory

Lindsay Lohan to sport hip alcohol-monitoring device, judge says **37**



Got Talent?

Simon's Favorite Finds



He's helped to discover dozens of singers, but Simon Cowell says there were a few of his "American Idol" finds who he immediately knew would be stars. "I'd say the best two examples were Fantasia and certainly Carrie Underwood," he told Oprah Winfrey earlier this month. "With Carrie, I can actually remember: It was almost as if the whole cast were in black and white, and one person walked in in color." (EXPRESS)

IDLE TONGUE

Simon Cowell is set to quit 'American Idol,' but not his star-gazing ways

Potts and Susan Boyle, all culled during British talent contests featuring Cowell.

It isn't just music business that's good for Cowell. His "Idol"-like show "The X Factor," which he'll be bringing to Fox next fall, is already on the air in nearly two dozen international incarnations. And he's part of the team behind "America's Got Talent," too — a show that's also a global franchise. No wonder his net worth is pegged at about \$1 billion.

But perhaps Cowell's most lasting export has been his own irascible personality. He's Judge Judy without the catchphrases; Nancy Grace without the self-righteous streak. When he's at his best, Cowell's the audience's collec-

tive superego, holding forth with unfiltered opinion and unshakable confidence.

When he attacks, it's with a feral ruthlessness and a hint of glee. "Are you taking singing lessons?" he asked one poorly pitched auditioner years ago. "Yes, I do," she replied. "Get a lawyer," he told her, and sue the teacher.

But Cowell says his motivation comes not from tearing aspiring singers down, but building buzz around them — if they're worthy.

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Watch some of Simon Cowell's greatest hits and catch up on "American Idol" at expressnightout.com/idol

"You want to be part of something which people are talking about," he told Oprah Winfrey earlier this month. "You feel that you're making people excited."

Although "American Idol" will have to work to find new footing, it's unlikely that the sun will set on Cowell's empire as long as there are stars to find. And egos to crush.

GREG BARBER (EXPRESS)



Comments? Give Christopher your feedback: expressnightout.com/soundbets

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top stops



1 The World Is Her Tumblr

Emily Gould got famous as that Gawker blogger whose life was chronicled in the New York Times magazine. Her book of essays, "And the Heart Says Whatever," avoids the eager-to-please demeanor that soul-baring writing tends to take on. We will not call it satisfying, but we are glad to have read it. She'll speak tonight. F.Z. Sixth and I Historic Synagogue, 600 I St. NW; 7 p.m., \$10, \$8 in advance or get two tickets free when you buy the book; 202-408-3100, SixthandI.org. (Gallery Place)

2 Only a Flesh Wound

"Gruesome Playground Injuries," Woolly Mammoth's latest show, takes the by-now-familiar romantic two-person play and adds some gore — the two characters are always getting hurt, physically and emotionally — and an incredibly well-written script by rising-star playwright Rajiv Joseph. F.Z. Woolly Mammoth, 641 D St. NW; through June 13; 202-393-3939, Woollymammoth.net. (Gallery Place)

Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.



3 Call Him Ronin

It's Samurai Week! This is the most exciting thing we have heard since the ding on the coffee maker this morning, although we have discovered that there are no How to Become a Samurai Fast or What Color Is Your Katana? workshops, which is disappointing. However, there's a sword-play demonstration tonight, and for the rest of the week you can catch samurai-themed films at the Embassy of Japan. F.Z. Embassy of Japan, 1155 21st St. NW; 6:30 p.m., free; 202-238-6949, www.us.emb-japan.go.jp. (Farragut North)

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TV tonight lookout

The Popular Bunch

Three of TV's most highly rated shows peace out tonight

Finales

CBS 8:00 For all of the hoopla about "Lost" and the epoch-ending conclusions of "Law & Order" and "24," three of the most popular shows on television wrap up proceedings tonight. When did Tuesday night become the biggest night of the TV week?

OK, "American Idol" (8 p.m., Fox) doesn't announce a winner until tomorrow, but the last singing competition occurs tonight on the most-viewed show of the year. And the decade.

Not far behind in the ratings, "Dancing With the Stars" (9 p.m., ABC) crowns another champion this evening. A repeat of the final competition (8 p.m.) also airs.

Tonight also marks the end of the seventh season of "NCIS" (8 p.m., CBS), often the most-watched



Special Agent Gibbs (Mark Harmon) and "NCIS" have a fan base to be reckoned with.

scripted show on television.

While many viewers gravitated toward the distraction of reality fare, talent shows or dramatic shows with long story arcs and baffling mysteries, "NCIS" has been the little show that could, attracting a consistently large audience season after season.

Its summer repeats are often more watched than original sum-

mer fare. And repeats of "NCIS" often rank as the most-watched shows on cable, too.

More than even "CSI," "NCIS" has become the "Law & Order" of the 21st century, appearing almost wall-to-wall, vanquishing the competition and even competing against itself without a dent in its armor. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Best Bets

CBS 9:00

NCIS: Los Angeles Callen (Chris O'Donnell, right) tries to find a woman with information about his past — and his identity — and a forgotten fortune that is earmarked to fund a new war in the Middle East before an adversary gets to her.

FOX 9:00

Glee Everybody go Gaga now! In this new episode, Will wants his charges to use the music of Lady Gaga as their springboard for self-expression. Meanwhile, Rachel has an encounter that could change her life, and Tina experiments with a new look.

BRAVO 10:00

9 by Design Bob and Cortney get their first huge commercial job — the interior of a boutique hotel — but they are challenged to match their unconventional style with the practical needs of the place.

CBS 10:00

The Good Wife In this powerful season finale that addresses the show's core issue, Alicia is being urged by Eli to decide whether she will stand by her husband, Peter (Chris Noth, left), during his new political campaign or pursue a relationship with Will instead in "Running."

(TRIBUNE MEDIA)

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Today's Question

SHOULD THE GOVERNMENT TAKE OVER CLEANUP OF THE GULF COAST OIL SPILL?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 989993

Monday's Results

DID THE SERIES FINALE OF ABC'S 'LOST' LIVE UP TO EXPECTATIONS?



"I will truly miss this show. I thought they did a great job of ending it and having it all make some sense. The writers/producers could have left us hanging with no true closure. I was satisfied with how it all played out."

COMMENTER PAT

"They tried to make everyone happy by having the characters end up in the same place together and smiling. But they failed to resolve some very important aspects of the show."

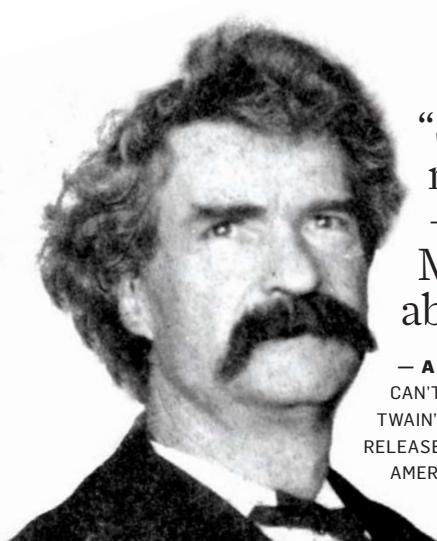
COMMENTER GABE

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"Wow, I mean, I understand that the target demographic for 'SATC 2' viewers is middle-aged white women, but why couldn't they just use the Beyoncé version?"

— A COMMENTER AT THEURBANDAILY.COM
THOUGHT LIZA MINNELLI'S COVER OF "SINGLE LADIES" FOR THE "SEX AND THE CITY 2" SOUNDTRACK WAS UNNECESSARY.



"Sounds trite, a little like reading in 2110 about — I don't know — what Maureen Dowd thought about Facebook."

— A COMMENTER AT ALTHOUSE.BLOGSPOT.COM
CAN'T IMAGINE WHY ANYONE WOULD WANT TO READ MARK TWAIN'S AUTOBIOGRAPHY, WHICH HE REQUESTED NOT BE RELEASED UNTIL 100 YEARS AFTER HIS DEATH. THE GREAT AMERICAN AUTHOR DIED IN 1910.

Blog Log



"Right about now, you couldn't pay us to say that Alicia Keys ain't pregnant. According to [her] belly, we'd say that she is about four and a half to five months along."

— COMMUNITY.LIVEJOURNAL.COM/ONNOTHEYDIDNT REACTS TO SEEING PHOTOS OF THE SINGER WHEN SHE PERFORMED AT RADIO 1'S BIG WEEKEND IN BANGOR, WALES, ON SATURDAY.

"DRATS! And here I was about to go chicken suit shopping so I could hand a bunch of them out in Nevada."

— THEPOLITICALCARNIVAL.NET FOUND IT AMUSING THAT NEVADA STATE ELECTION OFFICIALS BANNED CHICKEN SUITS AFTER WEEKS OF RIDICULE DIRECTED AT REPUBLICAN SENATE CANDIDATE SUE LOWDEN, WHO RECENTLY SUGGESTED THAT PEOPLE BARTER WITH DOCTORS FOR MEDICAL CARE, LIKE WHEN "OUR GRANDPARENTS WOULD BRING A CHICKEN TO THE DOCTOR."

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Crossword

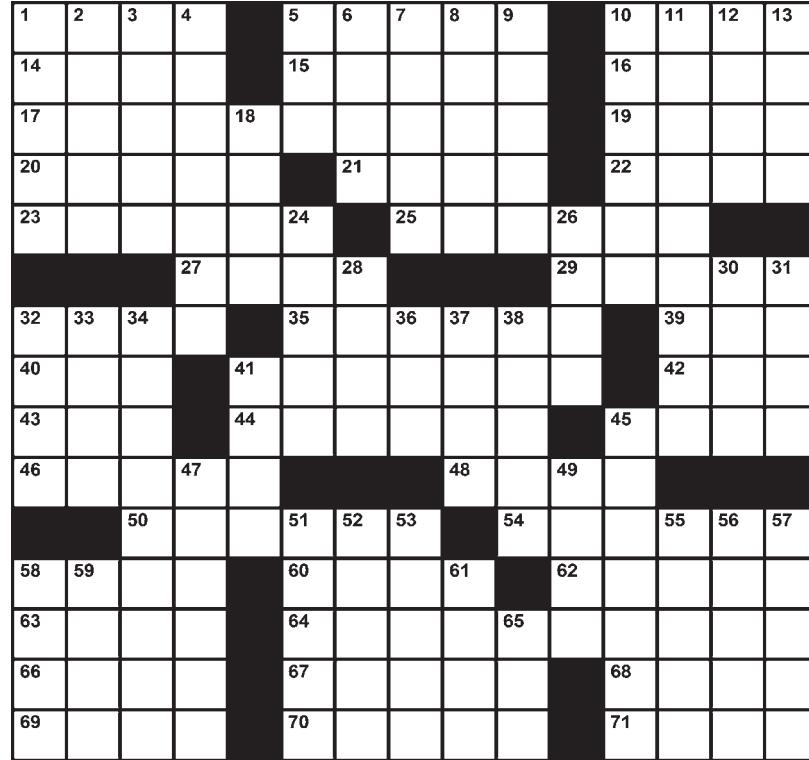
YOU RANG?

ACROSS

- Cookbook abbr.
- Bring into law
- Where Rubbermaid was started
- Notorious apple spray
- Sweet sap source
- "Tat-tat" preceder
- Description of a good novel or script
- Many a New Year's resolution
- Potato-growing state
- Some Senate votes
- They line some old streets
- Fixes or alters, as a hem
- Rock concert sites
- In a different way
- "Conservative" starter
- Quick and skillful
- "Aw, what a shame!"
- My and thy
- Little boring one?
- Adulate
- Jackie Onassis, ___ Bouvier
- Darjeeling, for one
- Behind on bills
- City near Phoenix
- Specialized vocabulary
- ___ high standard
- Like best
- Residential units
- Author unknown (abbr.)
- Varied mixture
- "If it doesn't fit, you must acquit" evidence
- Teetotaler's choice, perhaps
- Raccoon type
- Comply with
- 1956 Heston role
- King of Skull Island
- "Will there be anything ___?"
- Causing sticker shock
- Gaelic

DOWN

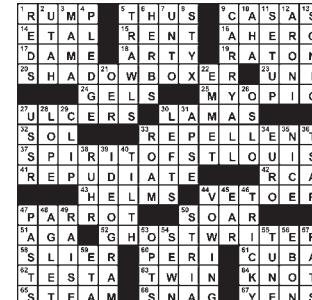
- An ungulate
- Wesley Snipes superhero role



EDITED BY TIMOTHY E. PARKER

- Multivolume tales
- First word in many recipes
- Bird in the bush
- Colloquial "not"
- Sleep disruption
- "C" on a calculator
- Like headlines
- Trying experience
- Bit of a nasty fall
- Celebrity pair, usually
- Churchill Downs feed
- Hamlet's larger relative
- Take effect
- "The Thinker," for one
- Fireplace fuel
- Feels regret over
- Atlas statistic
- Grist for some computers
- Wide-spouted mantel decoration
- Places for Old Glory
- Beginning of most New York ZIP codes
- Baby cover-ups
- Pre-Columbian Mexican
- Low-calorie, in ad-speak
- Anthropoid
- Elaborately decorated
- Word repeated in an "Animal House" chant
- 1040 and others
- "Silas Marner" author
- Beauty parlor procedure
- Extreme sorrow
- Bake-off equipment
- Marsh plant
- Topmost position
- Christmas tune
- Decorative arch molding
- Another cookbook abbr.

Yesterday's Solution



Today in History

1787

The Constitutional Convention convenes in Philadelphia.

1861

President Abraham Lincoln suspends the writ of habeas corpus during the Civil War.

1935

Babe Ruth hits his 714th home run—his last—a record for career home runs that would stand for almost 40 years.

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people lookout



EMPLOYMENT

Snubbed for Supreme Court, Paula Accepts Alternate Judgeship

CBS said Monday that Paula Abdul will be a judge on "Got to Dance," a competition expected to debut sometime next season. She'll also be an executive producer for the series, which is based on a successful British show. There's no immediate word on when "Got to Dance," which will feature various forms of dancing, will go on the air. (AP)

INCOME SOURCES

Just Sell PETA Some Ad Space on Your Body

Sarah Ferguson apologized Sunday after a British newspaper released video of her offering access to ex-husband Prince Andrew for \$720,000. "I very deeply regret the situation and the embarrassment caused," she said in a statement. "It is true that my financial situation is under stress. However, that is no excuse for a serious lapse in judgement." (EXPRESS)



JASON KEMPIN/GETTY IMAGES

With "Celebrity Fit Club," "Apprentice" and "Rehab," how is she unemployed?

Mug Shots



Judge Just Can't Resist That Face

A Connecticut judge dismissed a drunken-driving charge against Rip Torn after the actor completed a court-ordered alcohol education program. Torn was stopped in December 2008 while driving in the breakdown lane with a Christmas tree atop his car. Charges that he broke into a bank in January while drunk and armed are still pending. (AP)



MARK RALSTON/AFP/GETTY IMAGES

TOLD!

Judge Totally Brings It

A Beverly Hills, Calif., judge on Monday ordered Lindsay Lohan to wear an alcohol-monitoring bracelet and refused to ease restrictions involving drug and alcohol testing so the actress can film a movie in Texas. Lohan spent more than two hours after the hearing waiting for a bracelet to be placed on her ankle. Lohan must wear the bracelet at least until a probation violation hearing on July 6. (AP)

RELEVANCE

'Awards for Plays You'll Never See' Scores Again

Sean Hayes will be the host of the Tony Awards next month. The former "Will and Grace" actor was nominated for a Tony for best actor in a musical for "Promises, Promises." CBS is broadcasting the Tonys live from Radio City Music Hall in New York on June 13. With Neil Patrick Harris as host, last year's Tony Awards audience was up 19 percent from 2008's. (AP)

"During the midst of it, it made me feel horrible. ... I knew I wanted to get caught."



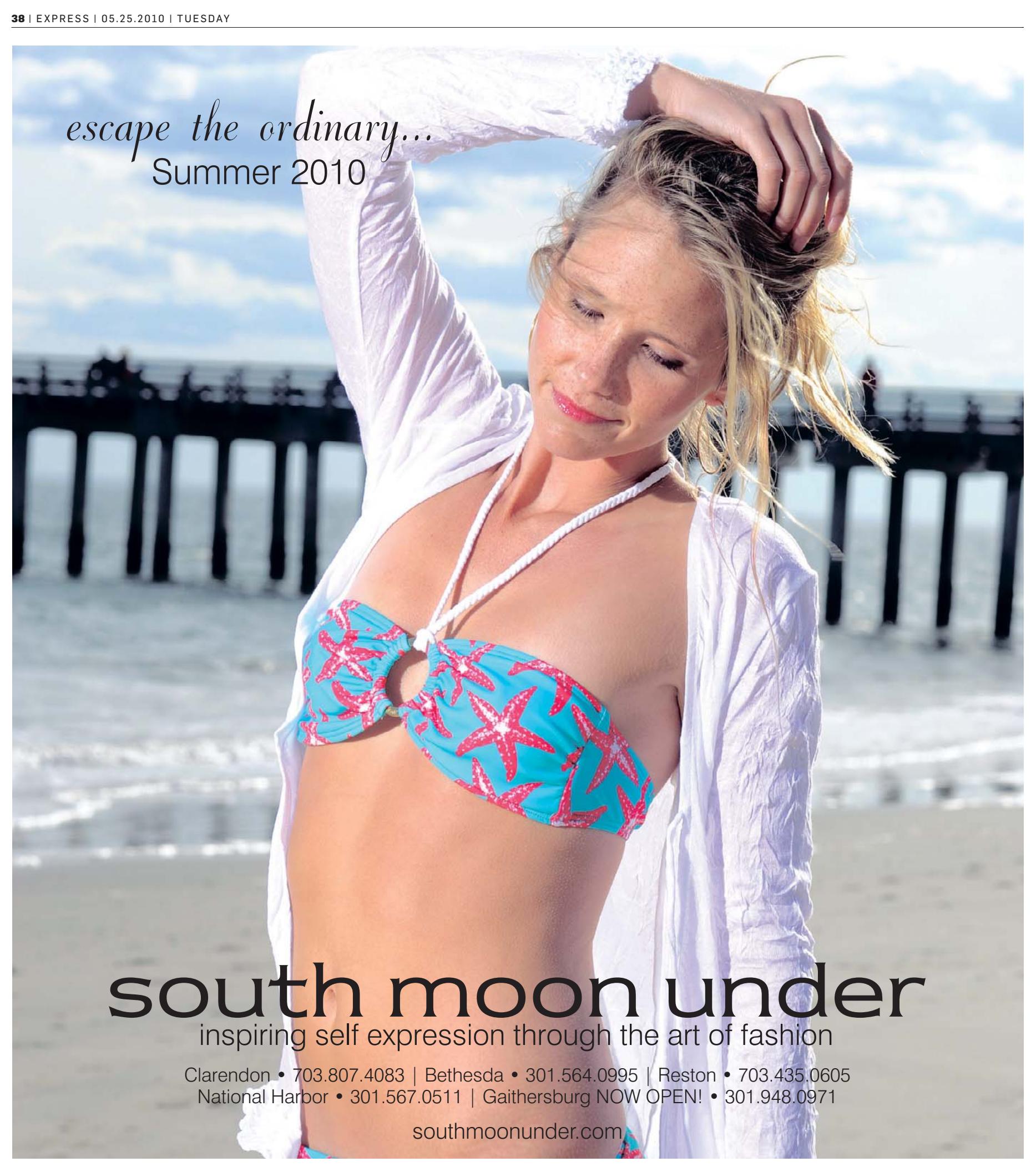
— JESSE JAMES, IN A "NIGHTLINE" INTERVIEW AIRING TUESDAY, ON HOW HIS ADULTERY WAS AN ATTEMPT TO "SELF-SABOTAGE MY LIFE." HE ALSO SAYS HE'S NOT A NAZI.

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